

# UPDATE

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## American Heart Association's One Of A Kind Program

### IT'S ALL ABOUT YOU...

And your health. Check out the American Heart Association's new state-of-the-art personalized health management program. It's free. It's easy. And it's available anytime.

Just log onto **onlife.americanheart.org**. After you fill out a survey, you'll enjoy your own personal health program. It could help you avoid a heart attack or stroke.

### ...BECAUSE YOU'RE ONE OF A KIND!

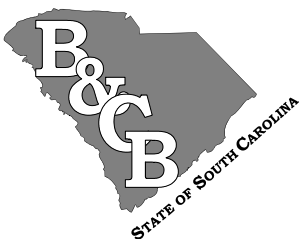
### WHAT IS THE "ONE OF A KIND" PROGRAM?

The American Heart Association's new **One Of A Kind** program is an interactive and individually tailored health management program designed to help participants lower their risk for heart attack and stroke.

**One Of A Kind** combines today's state-of-the-art communication technologies with the American Heart Association's history of leadership in cardiovascular education, research and science. Participants complete a confidential Health and Behavior Assessment that covers everything from their medical history to what lifestyle choices they wish to change.

Based on the information provided in the Health and Behavior Assessment, participants receive a series of educational materials. These materials are personalized with specific information on topics related to their risk for heart attack and stroke including smoking, physical inactivity, medication compliance and nutrition.

For more information contact: **The American Heart Association at 1-800-AHA-USA1 or 1-800-242-8721.**



**STATE HEALTH PLAN PREVENTION PARTNERS  
South Carolina State Budget and Control Board  
Office of Insurance Services-Insurance Benefits Management  
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